

Calling All Caregivers

Encompass Home
Health and Hospice

&



Mark your calendars for our free **Caregiver Retreats!**

The 1st and 3rd Thursdays of Every Month from 3:30 -4:30 PM

- Quail Ridge Assisted Living Community - 797 Hospital Way, Pocatello -
Downstairs Conference Room

Our topics vary and are tailored to the needs of our attendees. Some topics include:

- Caregiver Support
- Dementia Care
- Caregiver Self Care
- Ask the Expert: nutrition, medications, physical therapy
- Legal planning, advanced directives, Medicare and Medicaid
- Caregiver tips to handle stress
- Specific disease management
- And much more

Bring your loved one with you and Encompass and Quail Ridge will provide activities while you attend the retreat.

Please **RSVP** for both you and your loved one. Call Shanna 637-1100

For more information: call Velana Roth, LMSW at Encompass 637-1100